



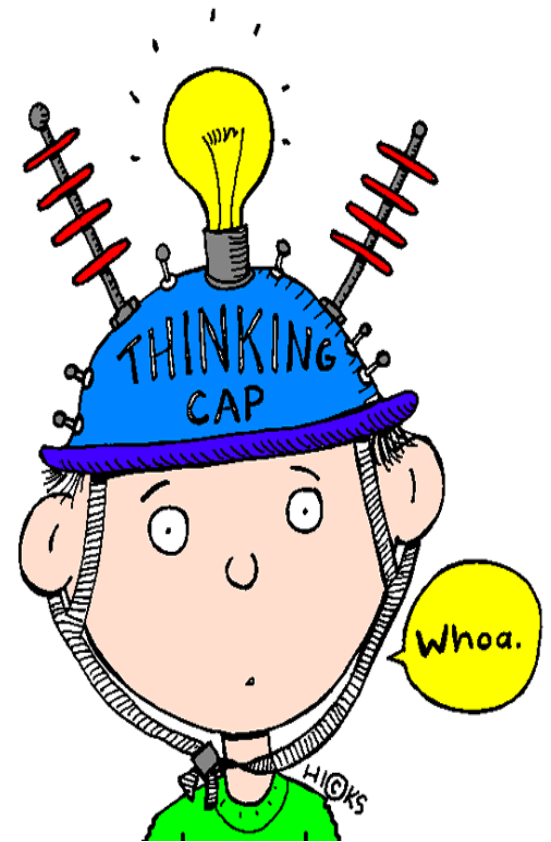
INDEPENDENT LIVING - HOW CAN WE MAKE IT HAPPEN?

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Transforming Lives



What does independent living mean to you?



Choosing Who You Would Like to Live with!



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Independent Living Means...

Having the freedom to structure your day as you would like!



Personalizing Your Space!



Pets!



What is the resounding theme?

- Choice!
- And the ability to live your life the way that you want!



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What does independent living look like for the people that we support?

- In short, A LOT different!
- For the MFP community, obviously the people that we support aren't living independently. How did that come to be?
- For the populations of people that we support, (individuals in the I/DD, aging, and physical disability populations), living independently isn't always the first choice.
- For example, a majority of adults with I/DD (intellectual/developmental disabilities) who receive Innovations Waiver services live in residential settings such as group homes and AFLs (Alternative Family Living Home) or at home with family.
- Residential settings have for a long time been a way to support adults. However, just by the nature of residential settings, people are not afforded the same freedoms as those living independently.

Thus.....



The Charles Lea Center

Enhancing Lives. Encouraging Dreams.

Charles Lea Center Initiative

- Our initiative with The Charles Lea Center will support anyone receiving Innovations Waiver services who would like to transition to live independently regardless of their current living situation. This transition will be made possible through the use of innovative technology and other supports.
- The Charles Lea Center will provide Supported Living services under the Innovations Waiver.





Types of Support Technology

- Medication dispensers
- Ring Video Doorbell
- Telehealth & wellness products
- Automatic door openers
- Tablets & environmental controls
- Personal emergency response systems (PERS)
- Wireless sensor systems

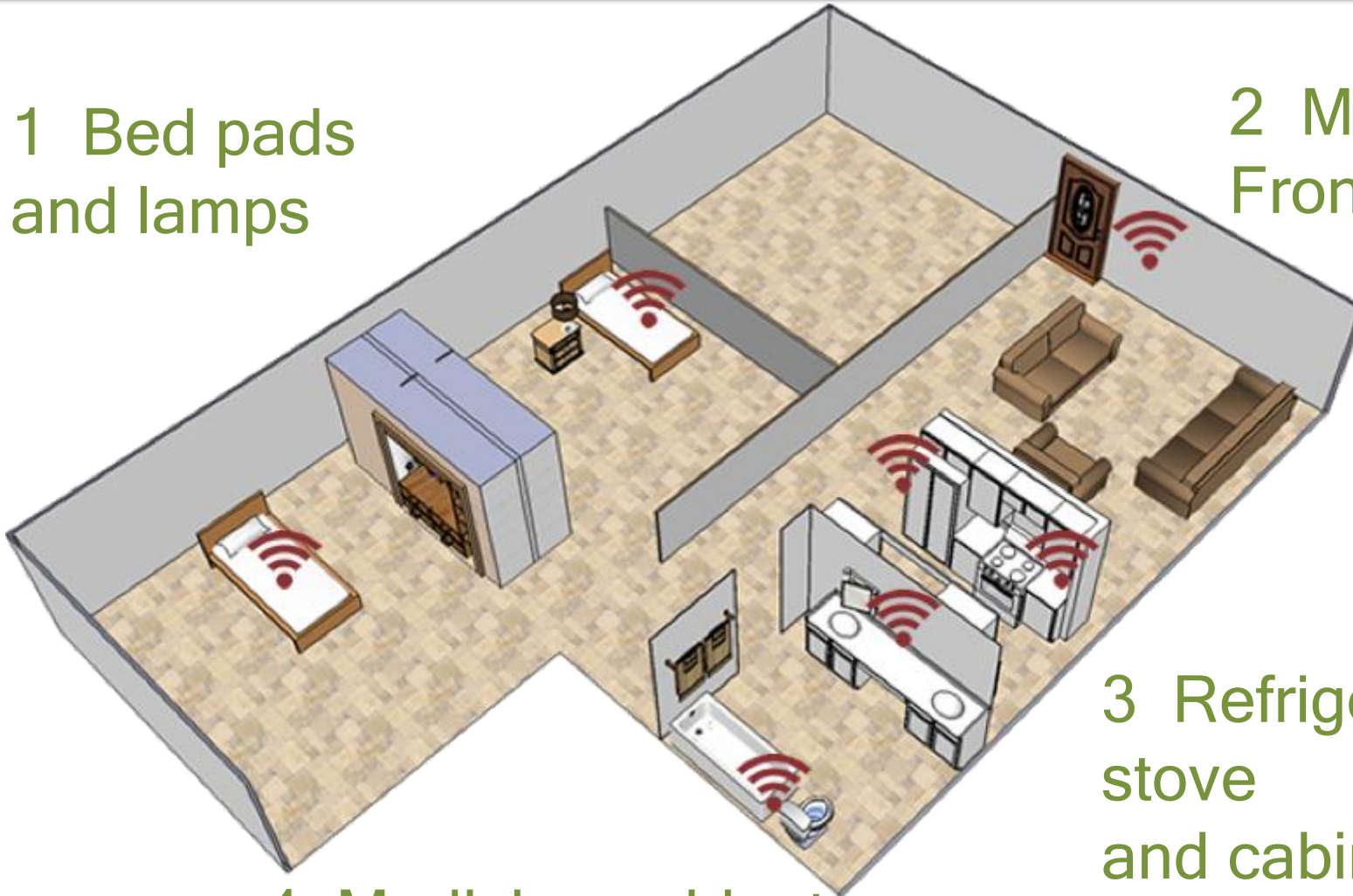
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Typical Floorplan

1 Bed pads
and lamps

2 Motion and
Front Door



3 Refrigerator,
stove
and cabinets

4 Medicine cabinet
and water sensor

Technology - How Works!

- Technology is customizable to be specific to an individual's needs!!
- Assessment completed to determine what a person needs to live independently.
- Technology in addition to supports are built around the individual to help ensure that the individual is safe and needs are met.



Anthony's Story



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Anthony's Day

- **5:30am** - wake up, groomed and dressed (Anthony and staff have determined the time he would like to get up).
 - **6:15am** - staff assist Anthony to eat his breakfast.
 - **7:00am** - get transported to work at Workability.
 - **8am - 3pm** he works shredding papers.
 - **4pm** - return home and staff supports him to take his medications.
- **4pm** - until he watches his television shows and calls his family or friends.
- **5:30pm -6:30pm** - Anthony and staff prepare his dinner after which he usually showers.
 - **7pm** - until he chooses - he spends this time doing whatever he chooses. Whether its hanging out with neighbors, in the clubhouse or in the community.
 - **11pm** - he takes his medications and prepares for bed.
- This is his typical day during the week but weekends are different based on what he wants to do.

Smart Home



- Trillium Health Resources and Pitt Community College (PCC) are building a high-tech, energy-efficient home demonstration site on PCC's campus that will be open for the public to see how assistive technology can help people to live independently.

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Questions??

